

Welcome to the Mood Munchers!

We are not our thoughts or feelings.

Emotions are the Mood Munchers coming to visit and they come and go to let us experience a feeling.



www.moodmunchers.co.uk

Hello, my name is Amanda Hill Ryall and I created the Mood Munchers as a tool for children to understand that all emotions are OK and can be acknowledge and accepted so they can be processed.

The Mood Munchers are colourful, fun characters that represent all the emotions; children enjoy playing with them and learning that there are no good or bad, right or wrong feelings. In acknowledging emotions as the Mood Munchers, children are able to experience them without judgement and are ready to recognise and manage feelings. There are toys available to buy from my website alongside story books for children and a book for parents and one for teachers.

I have created resources that you can download and use related to the Mood Munchers. These include a guide on how to use the Mood Munchers; an emotions diary; emotion reflections; pictures of the Mood Muncher characters and toys which I use with children as an ELSA in school.

I would appreciate if you would visit my website www.moodmunchers.co.uk to see how the Mood Munchers can revolutionise the way you teach and support the children in your care.

Here are some of the packages I offer



Story books are also available that support children's understanding of emotions as Mood Munchers.



If you are interested in supporting children's emotional wellbeing or have any queries, please contact me at info@moodmunchers.co.uk

Have fun with the Mood Munchers!

Amanda

Come and Meet the Mood Munchers as Emotions



Ray is happiness



Pash is compassion



Jitters is fear



Jel is jealousy



Blaze is anger



Hope is trust



Blue is sadness



Jolt is surprise or shock



Anx is anxiety, worry and stress



Faith is courage



Rue is shame



Smug is pride and arrogance



Gil is guilt



Jud is judgement



Lockie is reticence, keeping quiet



Darling Love is love



Sobs is grief



Irk is disgust







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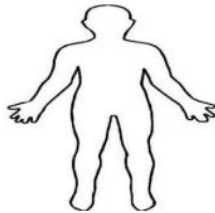
Worry Reflection

What happened?

Where did you feel it in your body?

How worried/anxious did you feel?

| | | |
|-----------|---------|--------------|
| Concerned | Worried | Very Anxious |
|-----------|---------|--------------|



How did I react in the situation?

What were the consequences?

| | |
|--|--|
| | |
|--|--|

How could I respond differently?





Sadness



When you are sad is it helpful to plan some activities to do that you enjoy. This will help you feel better. Some times when you are sad it can be hard to motivate yourself but if you try really hard it will help.

DO MORE, FEEL BETTER

Some things you can do:

Do some exercise to increase the feel good hormones

Do something arty or creative

Helping others

Listening to music or dancing

Watch a movie

Spend time with family or friends

When you are sad you might tend to focus on the bad things rather than look for the good. How we think can really affect how we feel.

Try writing down 3 of the following:

3 good things that happened today

3 things you are grateful for at home

3 things you are grateful for at school

Something you can do tomorrow that you enjoy

If you are upset remember your breathing techniques as these can really help.

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What is going on in my body?



Label the feeling with words – When I am feeling sad I am feeling:

miserable upset gloomy heartbroken low down depressed blue



I am feeling

Know that Blue has just come to visit. Acknowledge Blue and let him in.



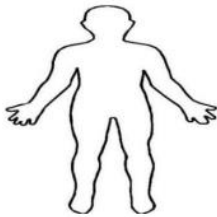
Sadness Reflection

What happened to make you feel Blue?

Where did you feel it in your body?

How sad did you feel?

| | | |
|-------|-----|-----------|
| Upset | Sad | Miserable |
|-------|-----|-----------|



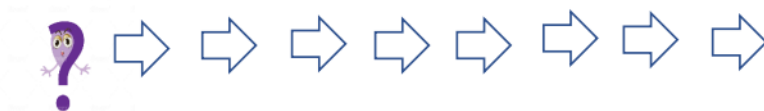
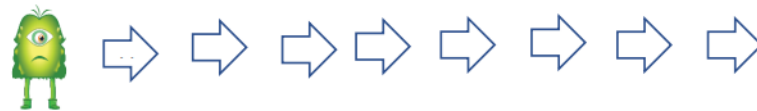
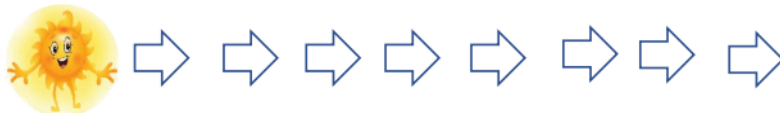
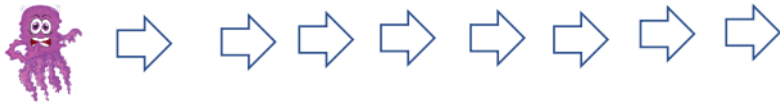
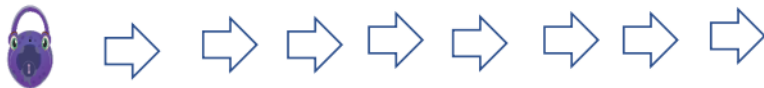
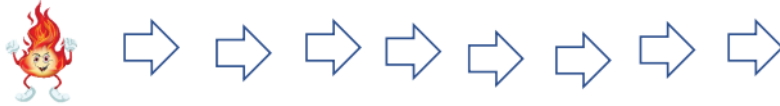
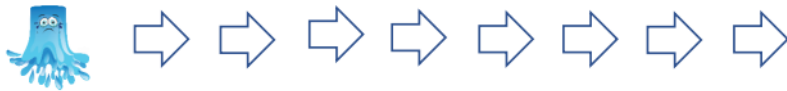
How did I react in the situation?

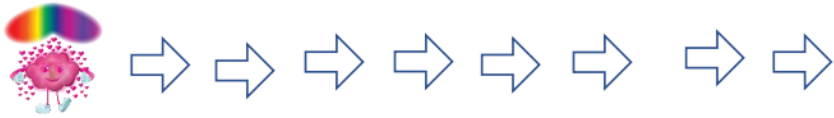
What was the outcome?

| | |
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How could I respond differently? (Acknowledge feeling)

Rate Your Emotion With The Mood Munchers on the scale





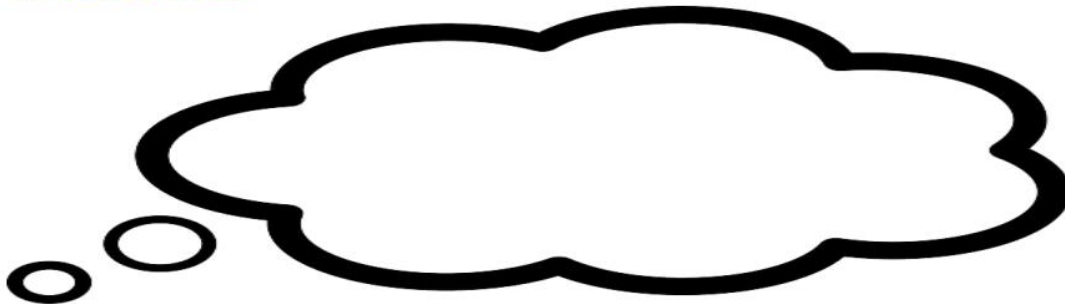


Fear Reflection

What happened to make you feel scared?

What thoughts did you have?

Im scared that...



How did I react to the thoughts?

How can I change the thought?

| | |
|--|--|
| | |
|--|--|

How can I calm myself down? (Deep breathing/do an activity I enjoy/talk to someone)



Pash



Rue



Ray



Gil



Sobs



Lockie



Jel



Urk



Hope



Thrill



Jolt



Faith



Smug



Darling Love



Anx



Blaze



Blue



Jud



Jitters



My Emotions Diary



Anger Reflection

What happened?

How angry did I feel?

Annoyed

Furious

| | | | | |
|--|--|--|--|--|
| | | | | |
|--|--|--|--|--|

How did I react to the situation?

What were the consequences?

| | |
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| | |
|--|--|

How could I have responded differently?



How To Use Mood Munchers With Children

1. Introduce each Mood Muncher to child using their name and emotion they represent (can use the toys or book 'Meet the Mood Munchers')
2. Get child to say "Hello (insert name of each Mood Muncher) I see you"
3. Putting the Mood Munchers aside, ask the child to say which emotion they like and are comfortable feeling and which emotion they dislike or are uncomfortable feeling.
4. Make a list
5. Review list with child. (There are usually more emotions the child does not like feeling.) Are they surprised at the results?
6. Explain that it is normal for people to view some emotions as unpleasant as they have a judgement about how they or others react to some feelings and think that they are the emotions e.g. I'm sad.
7. Explain that we are not our thoughts or the feelings. The Mood Munchers are the emotions who just want to come and visit us so we can experience each feeling, they are not good or bad, right or wrong, they are all OK.
8. Choose one of the Mood Munchers that they child does not like feeling. Get the child to hold the toy and look at it. Does it look like something we should not like?
9. Whilst child is holding the toy get them to say. "It is OK, (name of Mood Muncher) I see you, I feel you, you are welcome here."

Encouraging the child to talk and play, acknowledging and accepting each Mood Muncher as an emotion, allows them to process feelings, knowing they are just visitors wanting to come and play.

Have fun!





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